WMU Dining Services offers a variety of healthy dining options to support students throughout their university experience. Healthy options are located at all Western Michigan University dining locations, including dining centers and campus cafés.

Nutrient information can be found for all dining hall food items by utilizing the online nutrition book.

Kelsey Patterson, RD
kelsey.patterson@wmich.edu
(269) 387-4888

“WMU Dining Services is dedicated to providing options for students with individual dietary needs. We look forward to the opportunity to work with you and support you throughout your academic journey at WMU.”

WMU’s Registered Dietitian
Kelsey Patterson, RD
kelsey.patterson@wmich.edu
(269) 387-4888

WMU Dining Services
Room 161, Bernhard Center
(269) 387-4844
wmich.edu/dining

Healthy eating at WMU is supported by the WMU Dining Services menu, which can be found online at wmich.edu/dining/menu.

Nutrition at WMU
wmich.edu/dining/nutrition

To learn more about building a healthy plate, visit wmich.edu/dining/menu.
Tips for healthy eating in college
• Choose one fruit and vegetable at each meal.
• Plan meal selections in advance.
• Put all your food onto one plate while keeping in mind seconds are always an option. This tactic will help keep food waste to a minimum.
• Beware of condiments and dressings. A little goes a long way.
• Not every choice will be healthy, this is an assured failure; it is estimated that people make over 200 food related choices per day!

Increase
• Vegetable and fruit intake.
• Variety of vegetables: especially dark green, red, orange vegetables and beans or peas.
• Whole grains: at least half of all grains should be whole grains.
• Fat-free or low fat milk and milk products.
• Variety of protein food choices: fish, lean meats and poultry, eggs, beans and peas, soy products, unsalted nuts and seeds.

Replace
• Calories from solid fats and added sugars.
• Foods containing refined grains, solid fats, added sugars and sodium.
• Sodium intake to 2,300 to 1,500 mg per day. Amount will vary for each individual.
• Saturated fats to less than 10% of calories.
• Cholesterol per day to 300 mg or less.
• Trans-fat as low as possible.

Reduce
• Grilled chicken breast is available in all dining centers during lunch and dinner.
• Choose fresh vegetable toppings at the Bistro3 World of Flavors, Burnham Extreme Greens or Valley Dining Center Stir Fry Wok, Cilantro’s or Fresh Creations.
• Choose whole grain bread over white bread for toast or deli sandwiches. Whole grain bread is available in all dining centers.
• Instead of choosing fried sides (ex: French fries), fill up on cottage cheese, yogurt or fresh fruit available in all dining centers.
• Coming to the dining centers for a snack? Try vegetables and hummus or hard boiled eggs. Hummus and hard boiled eggs are available at the deli.
• For breakfast, design an omelet or egg white omelet in each dining center.
• Choose skim milk, water or unsweetened iced tea a majority of the time.